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CANNING DAYS ARE HERE AGAIN

A radio interview between Miss Ruth Van Deman, Bureau of Home Economics, and Mr. Wallace Kadderly, Office of Information, broadcast Thursday, May 26, 1938, in the Department of Agriculture period of the National Farm and Home Hour, by the National Broadcasting Company and a network of 93 associate radio stations.

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--ooOoo--. Department of Agriculture

WALLACE KADDERLY:

Homemakers' time again - with Ruth Van Deman to tell us what's going on at the Bureau of Home Economics. Ruth, what's the good word over there?

RUTH VAN DEMAN:

We're very happy today. We're celebrating the birth of a new bulletin. Here's your copy - - -

KADDERLY:

Um hum - - - "Home-made Jellies, Jams, and Preserves" - - - Very nice work.

VAN DEMAN:

And a nice easy number to remember - - - Farmers' Bulletin 1800.

KADDERLY:

I like the cover design. It's trim and tidy, like the rows of jams and jellies in an old-fashioned cupboard.

VAN DEMAN:

I'll tell Mrs. Yeatman and Miss Stienbarger that. They've done a lot of research in their laboratory on many kinds of jams, and jellies, and fruit preserves. But Mrs. Yeatman still believes there's an art to making perfect ones. It isn't all science.

KADDERLY:

What about the fine art of old-fashioned strawberry sun preserves. Has she put that in this new bulletin?

VAN DEMAN:

She certainly has, along with both the kettle methods of making strawberry preserves. For Sunday morning breakfast parties in her own home Mrs. Yeatman always has some Strawberry sun preserves on tap to go with her hot biscuits, which by the way are the kind of biscuits that melt in your mouth.

KADDERLY:

Hot biscuits - - - strawberry sun preserves - - - and time to enjoy them on Sunday morning! Think you could wangle me an invitation to a late breakfast sometime?

VAN DEMAN:

I'm sure I could. She's a very hospitable lady. - - - Well, I'll have more to say about Mrs. Yeatman and her jellies next week. This is the day I'd really set aside to answer some canning questions.

(over)

KADDERLY:

That's right. Canning days are here again.

VAN DEMAN:

And have been for quite some time for people who live where gardens start early. And now with so many farm homemakers canning meats and chicken, there aren't very many months when the canning outfit stays put on the shelf.

KADDERLY:

True enough. At least that's certainly what I gathered from a story about Wyoming women, I was reading the other day. In the ranch country they seem to go at their canning in a very businesslike way. At the beginning of the season they figure out just how many quarts and pints of fruits, and vegetables, and meats they need to carry them over to the next year.

VAN DEMAN:

(A canning budget.)

KADDERLY:

And at the end of the season they figure up what their products are worth - - -

VAN DEMAN:

Comparing, I suppose, with the same quality in the store.

KADDERLY:

- - - And counting out all the expenses. One woman figures, as I recall, that her canning last year had added about \$140 to the family income - - -

VAN DEMAN:

Not bad.

KADDERLY:

Not bad at all. Very good. And she said the family lived better last winter.

VAN DEMAN:

And I expect she found it easier herself to get the meals with all those things from her own garden handy there on the pantry shelf.

I don't want to cap your story, Wallace. But I happen to know lots of women from Maine to Miami and San Diego to Scattle, who're doing just that thing. Of course when it comes to a definite canning budget, that's something every family has to work out for itself.

KADDERLY:

Naturally, it depends on the growing season - and how many months no fresh things can be expected from the garden.

VAN DEMAN:

And what the family likes, and needs to keep the daily diet well balanced all the year around. The nutrition specialists from the State colleges are always glad to help a farm family figure out a canning budget to fit their particular situation.

KADDERLY:

Ruth, reverting to strawberries again for a moment, have you home economics people found a good way to can them yet?

VAN DEMAN:

As good as there can be, I think. But we're not enthusiastic about canning strawberries. They're so much better preserved or made into jam. Strawberries are really too thin-skinned, and juicy, and delicately flavored to make good canned fruit. And that beautiful red color, Mr. Darrow was so pround of in his new berries - - -

KADDERLY:

Scarlet to crimson.

VAN DEMAN:

Yes, that fine scarlet to crimson of the fresh berries fades to a kind of gray ashes-of-strawberry after they come out of the canner and stand on the shelf for a few months.

KADDERLY:

But if strawberries were the only berries a homemaker could can - - -

VAN DEMAN:

Then, generally the best way is to heat them just to boiling with sugar. Then let them stand overnight in the kettle. Some berries of course are more tart than others, but a cup of sugar to each quart of the berries, measured after they're washed and stemmed, is generally right. The sugar draws out more of the juice as they stand. So in the morning you bring the berries quickly to boiling, and fill them hot into clean jars, and process in a boiling-water bath for 5 minutes.

KADDERLY:

You said jars, couldn't you use tin cans?

VAN DEMAN:

Yes, sanitary-enamel tin cans. The sanitary or R-enamel, as it's sometimes called, is a special finish put over the plain tin to keep it from fading the color in red fruits. These sanitary-enamel cans are best to use with all kinds of berries, cherries, and plums. And they're better than plain tin for pumpkin and squash too. Something in them corrodes plain tin.

KADDERLY:

Can a home canner buy these sanitary-enamel cans easily?

VAN DEMAN:

Oh yes, they're just as easy to get as the plain tin. All you have to do is specify sanitary or R-enamel. Of course whether a home canner finds it more satisfactory to use tin or glass is another question.

KADDERLY:

The glass jars cost more at the start of course. But you can use them year after year.

VAN DEMAN:

And though the tin cans cost less, you have to figure in the initial cost of a sealer.

KADDERLY:

And I suppose it doesn't pay to buy that unless you're doing quite a lot of canning in tin.

VAN DEMAN:

Not usually. Sometimes neighbors club together and buy one on a cooperative plan. The other day I had a letter from a listener in Minneapolis. She wished us all a happy summer and she wanted to know whether we have any new bulletins on canning this year.

KADDERLY:

Isn't that canning bulletin that came out a year or so ago still good?

VAN DEMAN:

Yes, "Home Canning of Fruits, Vegetables, and Meats". That tells about everything we can tell a person who's going to can at home.

KADDERLY:

And with this fine new one on jellies, jams, and preserves, those two together ought to just about cover the field.

VAN DEMAN:

All but pickles and relishes. We haven't got them in modern dress yet.

KADDERLY:

Well in the meantime may I tell our listeners to get out their postcards and write you for Farmers' Bulletin 1800, "Home-made Jellies, Jams, and Preserves", fresh off the printing press?

VAN DEMAN:

Yes, sir. You may. I'll prepare the girls in the mail room.

KADDERLY:

And "Home Canning of Fruits, Vegetables, and Meats" - Farmers' Bulletin 1762?

VAN DEMAN:

Yes, sir, for any home canner who wants timetables on everything from apples to vegetable soup, and beef to veal. And by the way, Wallace, bring your copy of the new bulletin next Thursday, and we'll talk about the art and science of making jelly.

KADDERLY:

That's quite an assignment for me. Especially that art. Well, as Miss Van Deman is changing places here at the microphone with _____, who'll be talking to you in a few minutes, I'll just check these bulletin titles with you once more - Home Canning of Fruits, Vegetables, and Meats, and Home-made Jellies, Jams, and Preserves. If you want either or both, just send a card to Ruth Van Deman, Bureau of Home Economics, U.S. Department of Agriculture, Washington, D.C.